

Canadian International School Beijing  
Lunch Menu



Making every day a better day

Making every day  
a better day

2009.05.04-----2009.05.08

**Monday**

*Western Set Lunch*

Broccoli Soup  
Pan fried Chicken with  
Tomato  
Rosti Potato w/ Bacon  
Snow Peas & Cherry  
Tomato

*Asian Set Lunch*

Beef Soup w/  
Coriander  
Meat Ball with Soya  
Sauce  
Fried Rice  
Yon Mai Cai

**Tuesday**

*Western Set Lunch*

Clear Beef Soup  
Pork Milanese  
Spaghetti w/ Tomato &  
Basil Sauce  
Carrot

*Asian Set Lunch*

Curry Lentil Soup  
Tandoori chicken  
Spring roll  
Light Vegetables Curry

**Wednesday**

*Western Set Lunch*

Cauliflower Soup  
Grilled Duck Breast  
Rice Croquette  
Broccoli & Sweet Corn

*Asian Set Lunch*

Tom Yan Kon  
Thai Style Stir-fried  
Pork Fillet  
Steamed Dumplings  
Stir-fried Spinach

**Thursday**

*Western Set Lunch*

Minestrone  
Hawaii Pizza  
Steamed Potatoes w/  
Herbs  
Mixed Vegetables

*Asian Set Lunch*

Tomato & Egg Soup  
Steamed Fish Fillet  
with Ginger & Spring  
Onion  
Braised Lotus Roots  
with Thai Sweet  
Sauce  
Cauliflower

**Friday**

*Western Set Lunch*

Spinach Soup  
Beef Burger  
French Fries  
Spinach

*Asian Set Lunch*

Miso Soup  
Chicken in Sweet &  
Sour Sauce  
Fried Soba Noodles  
with Vegetables  
Stir-fried Bean  
Sprouts

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2009.05.11-----2009.05.15

**Monday**

*Western Set Lunch*

Tomato & Basil Soup  
Pan-fried fish fillet  
w/ Tomato  
Sautéed Potato w/  
Onion  
celery

*Asian Set Lunch*

Clear Mushroom Soup  
Beef Satay  
Glass Noodles w/  
Vegetables  
Baby Cabbage

**Tuesday**

*Western Set Lunch*

Clear Chicken Soup  
Meat Ball w/ Tomato  
Sauce  
Macaroni  
Zucchini & Cherry  
Tomato

*Asian Set Lunch*

White Radish Soup  
Braised Pork Chop w/  
Soya Sauce  
Roasted Pumpkin  
Chinese Broccoli

**Wednesday**

*Western Set Lunch*

Carrot Soup  
Roasted Chicken Wings  
with Herbs  
Oven Potatoes  
Green Peas & Carrot

*Asian Set Lunch*

Pork Rib and Tomato  
Soup  
Stir-fried Lamb with  
Corianders & Garlic  
Roti Prata  
Mixed Vegetables

**Thursday**

*Western Set Lunch*

Lentil Soup  
Smoked Chicken Pizza  
Honey Glazed Sweet  
Potato  
Cauliflower

*Asian Set Lunch*

Chicken Consommé  
Singapore Pork  
Char Kway Teow  
(Singaporean Fried  
Noodles)  
Stir Fried Cress

**Friday**

*Western Set Lunch*

Russian Soup  
Sauteed Beef Cubes  
Crispy Potato Ball  
Ratatouille

*Asian Set Lunch*

Fish Curry Soup  
Grilled Chicken Breast  
with Ginger and Lemon  
Thai Fried Rice  
Carrot

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2009.05.18-----2009.05.22

**Monday**

*Western Set Lunch*

Pumpkin Soup  
BBQ Chicken  
Roasted Potato  
Zucchini

*Asian Set Lunch*

Mushroom Soup  
Stir fried Beef with  
Mixed Bell Peppers  
Grilled Dumpling  
Cauliflower

**Tuesday**

*Western Set Lunch*

Potato Soup  
Grilled Pork Chop w/  
Tomato Sauce  
Garlic Bread  
Broccoli

*Asian Set Lunch*

Korean Dumpling Soup  
Fish Filet Teriyaki  
Style  
Light Fried Egg  
Noodles  
Baby Cabbage

**Wednesday**

*Western Set Lunch*

Wild Mushroom Soup  
Lasagne  
Spinach  
Carrots

*Asian Set Lunch*

Crab Meat & Corn Soup  
Hainan Chicken  
Hainan Ginger Rice  
Bock Choy

**Thursday**

*Western Set Lunch*

Vegetable Soup  
Tuna Pizza  
Roasted Pumpkin  
Snow Peas & Bell Pepper

*Asian Set Lunch*

Mixed Beef Soup  
Stir Fried Pork Korean  
Style  
Glass Noodles  
Pea Sprouts

**Friday**

*Western Set Lunch*

Onion Soup  
Hot Dog  
French Fries  
Tomatoes Provencal

*Asian Set Lunch*

Chicken & Bean  
Sprouts Soup  
Thai Style Sweet &  
Sour Duck  
Yang Zhou Fried Rice  
Mixed Vegetables